



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03681, Babyfood, cereal, barley, prepared with whole milk

Report Date: June 24, 2017 22:31 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Proximates					
Water	g	82.19	--	--	23.30
Energy	kcal	84	--	--	24
Energy	kJ	352	--	--	100
Protein	g	3.73	--	--	1.06
Total lipid (fat)	g	3.26	--	--	0.92
Ash	g	0.87	--	--	0.25
Carbohydrate, by difference	g	9.94	--	--	2.82
Fiber, total dietary	g	0.6	--	--	0.2
Sugars, total	g	5.10	--	--	1.45
Sucrose	g	0.00	--	--	0.00
Glucose (dextrose)	g	0.00	--	--	0.00
Fructose	g	0.00	--	--	0.00
Lactose	g	4.68	--	--	1.33
Maltose	g	0.00	--	--	0.00
Galactose	g	0.00	--	--	0.00
Minerals					
Calcium, Ca	mg	162	--	--	46
Iron, Fe	mg	3.49	--	--	0.99
Magnesium, Mg	mg	18	--	--	5
Phosphorus, P	mg	110	--	--	31
Potassium, K	mg	151	--	--	43
Sodium, Na	mg	43	--	--	12
Zinc, Zn	mg	0.57	--	--	0.16

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Copper, Cu	mg	0.057	--	--	0.016
Manganese, Mn	mg	0.004	--	--	0.001
Selenium, Se	µg	5.6	--	--	1.6
Vitamins					
Vitamin C, total ascorbic acid	mg	0.2	--	--	0.1
Thiamin	mg	0.242	--	--	0.069
Riboflavin	mg	0.353	--	--	0.100
Niacin	mg	2.707	--	--	0.767
Pantothenic acid	mg	0.384	--	--	0.109
Vitamin B-6	mg	0.060	--	--	0.017
Folate, total	µg	7	--	--	2
Folic acid	µg	0	--	--	0
Folate, food	µg	7	--	--	2
Folate, DFE	µg	7	--	--	2
Choline, total	mg	16.6	--	--	4.7
Betaine	mg	0.6	--	--	0.2
Vitamin B-12	µg	0.42	--	--	0.12
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	43	--	--	12
Retinol	µg	42	--	--	12
Carotene, beta	µg	6	--	--	2
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	150	--	--	43
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	12	--	--	3
Vitamin E (alpha-tocopherol)	mg	0.43	--	--	0.12
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta	mg	0.00	--	--	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00
Tocopherol, delta	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	1.2	--	--	0.3
Vitamin D3 (cholecalciferol)	µg	1.2	--	--	0.3

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Vitamin D	IU	47	--	--	13
Vitamin K (phylloquinone)	µg	0.4	--	--	0.1
Lipids					
Fatty acids, total saturated	g	1.760	--	--	0.499
4:0	g	0.069	--	--	0.020
6:0	g	0.069	--	--	0.020
8:0	g	0.069	--	--	0.020
10:0	g	0.069	--	--	0.020
12:0	g	0.071	--	--	0.020
13:0	g	0.000	--	--	0.000
14:0	g	0.275	--	--	0.078
15:0	g	0.000	--	--	0.000
16:0	g	0.788	--	--	0.223
17:0	g	0.000	--	--	0.000
18:0	g	0.348	--	--	0.099
20:0	g	0.000	--	--	0.000
22:0	g	0.000	--	--	0.000
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.802	--	--	0.227
14:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.007	--	--	0.002
18:1 undifferentiated	g	0.794	--	--	0.225
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.309	--	--	0.088
18:2 undifferentiated	g	0.229	--	--	0.065
18:3 undifferentiated	g	0.080	--	--	0.023
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	10	--	--	3

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Amino Acids					
Tryptophan	g	0.060	--	--	0.017
Threonine	g	0.157	--	--	0.045
Isoleucine	g	0.180	--	--	0.051
Leucine	g	0.300	--	--	0.085
Lysine	g	0.154	--	--	0.044
Methionine	g	0.083	--	--	0.024
Cystine	g	0.034	--	--	0.010
Phenylalanine	g	0.181	--	--	0.051
Tyrosine	g	0.167	--	--	0.047
Valine	g	0.218	--	--	0.062
Arginine	g	0.109	--	--	0.031
Histidine	g	0.086	--	--	0.024
Alanine	g	0.124	--	--	0.035
Aspartic acid	g	0.262	--	--	0.074
Glutamic acid	g	0.820	--	--	0.232
Glycine	g	0.099	--	--	0.028
Proline	g	0.415	--	--	0.118
Serine	g	0.132	--	--	0.037
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0